

THE 50+ Connection

NEWS and EVENTS from the Howard County
Department of Community Resources and Services

A Publication from the Howard County Office on Aging and Independence

Volume 8, No. 9 • September 2018

Older Adults Gain Momentum for Healthy Aging

September is National Senior Center Month

This month, the National Institute of Senior Centers (NISC) is celebrating and highlighting how centers are “**Building Momentum**” with older adults throughout the United States. With so many opportunities for growing, learning, giving, and connecting, centers are showcasing the future of aging as vibrant and exciting. Their variety of programs reflect innovation and creative opportunities for engagement, and have become a strong aging resource in the community.

In Howard County, **WELLNESS AND FITNESS OPPORTUNITIES** that support healthy aging are gaining momentum in all six of the Office on Aging and Independence (OAI)’s 50+ Centers. “These increasing participation trends are fueled by the popularity of our fully-equipped fitness centers and the many exercise options we offer,” says Barbara Scher, manager of OAI’s 50+ Center Division. “The GO50+ package for adults age 50 and over offers access to five fitness centers, including the newest location which recently opened at the Elkridge 50+ Center.”

Each center offers a variety of **EXERCISE CLASS OPTIONS** for all fitness levels. The Ellicott City 50+ Fitness Center offers a group exercise pass for its members, which provides access to any or all of the center’s 17 weekly classes. Rates vary from \$5 for a single drop-in class to \$125 for an unlimited three-month pass. Members can choose from a wide array of classes that range from Gentle Yoga to Zumba Gold and Strength Training to Cardio Kickboxing. All class instructors demonstrate high and low energy options, but teach to mid-level intensity.

“A **GROUP CLASS PASS** works well physically and financially for those who do not want to commit to a full session of classes, as well as for those who like to work out daily or want to participate

in more than one class a day,” says Ellicott City 50+ Center Director Cindy Saathoff. “This program draws in the younger, more active individuals who previously might never have envisioned themselves at a 50+ Center, but now cannot imagine life without it.” Free fitness room orientations are scheduled to provide each member an overview of the equipment available and how to safely and effectively use each piece.

Consider **PERSONAL TRAINING** to help get you started on the right track and ensure your safety, or try something new like pickle ball — offered at the Glenwood 50+ Center — to change up your routine. Be sure to stop by the Glenwood and Ellicott City 50+ Centers during Active Aging Week, September 24 – 28 for inspirational wellness activities. Howard County’s 50+ Centers welcome older adults who are new to exercise, as well as those who want to return to a more active lifestyle.

Popular **ALTERNATIVE EXERCISE** modalities such as Qi Gong, Tai Chi and yoga pair the benefits of movement with breath control and mental focus. These practices, offered at East Columbia 50+ Center and other locations, help participants manage stress while gaining strength, mobility and balance. Other group exercise classes, which focus specifically on improving balance, can help prevent falls and improve confidence to keep people moving.

NUTRITION is another important element to wellness, and can affect physical strength and balance as well. Carmen Roberts, LDN, is available for individual consultations at 50+ centers by appointment; each center also has a nutrition program specialist who offers educational programs to demonstrate how diet plays an integral role in one’s overall health.

continued on page 18



Ellicott City 50+ Center
Group Exercise Program

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Be Ready in a Flash: Create a Survival Flash Drive

September is National Emergency Preparedness Month

If a fire, flood, or other disaster destroyed your home, would you be able to access your important documents such as birth certificates, passports, deeds, licenses, and permits? To prepare for an emergency, protect yourself by scanning all your important documents and storing them on a "Survival Flash Drive."

Purchase a USB flash drive (also called memory sticks or thumb drives due to their small size) and use a permanent marker, sticker, or label to put the word "ICE" (In Case of Emergency) on it. Scan your important documents using a scanner, and save and store the files on the survival flash drive. (You can also take pictures with your mobile device then save the files to the cloud or flash drive).



What to Save to a Survival Flash Drive

Government-issued IDs, Licenses, Permits and Certifications for each family member, including:

- Driver's License / ID
- Passport
- Veteran Discharge Papers
- Birth Certificate
- Marriage Certificate
- Work Permits/Licenses
- Social Security Card
- Immigration Papers
- Bank Account Information

Important Non-Government Documents, including:

- Credit Card Accounts
- Contracts
- Vaccination Records
- Wills
- Powers of Attorney
- Divorce / Custody Papers
- Restraining Orders
- Medical Records
- Health Plan Information
- Insurance (Home/Auto)
- Advance Directives
- Real Estate / Mortgage
- Business Records
- Rental Agreement

Other Important Information to Consider Adding

- Important Family Pictures
- Current Photos of Each Family Member and Pets
- Emergency Contact List of Addresses and Phone Numbers

Keep It Up To Date

Remember to keep the information on your Survival Flash Drive current by updating it regularly.

Password Protect or Encrypt the Information

For an added level of security, you can password-protect the files or encrypt the flash drive using software like TrueCrypt. Keep in mind that emergency workers may not be able to open protected files.

Store In a Safe Location

Store your Survival Flash Drive in a sealed plastic bag or in a fire- and waterproof safe to prevent damage from the elements; put it in a drawer at work, or in the glove compartment of your vehicle. Keep a copy on your key chain, in your purse, or wherever you think it will be safe and available in an emergency away from your house (in case of fire or flood).

Document Medical Conditions

Create a document on your computer that includes any information medical personnel may need to know in an emergency, including your medical conditions and current medications. Name the document ICE (again, for "In Case of Emergency") and save a copy on your Survival Flash Drive.

For more information, contact Maryland Access Point of Howard County by email at map@howardcountymd.gov or by calling 410-313-1234 (voice/relay).

Quality of Life Services for Older Adults, their Families, Caregivers, and Adults with Disabilities



**AS EASY AS
1-2-3-4!**

410-313-1234

Contact us for information, assistance and referral on:

- Caregiver Support
- Long Term Supports Planning
- Guardianship/Ombudsman
- Aging in Place Resources
- Medicare Counseling
- 50+ Centers
- Social Day Programs
- Volunteer Opportunities
- Wellness Programs and more!



410.313.1234 VOICE/RELAY • 844.627.5465 TOLL FREE
map@howardcountymd.gov

www.howardcountymd.gov/aging

Mindfully Map Out Your Future at the 50+EXPO

Would you like to be as independent, healthy, socially engaged, and financially secure as possible as you age? Of course you would! But have you taken the necessary steps to ensure you actually will be? Planning ahead is the key. Learn how to create a purposeful and conscious plan to maximize your future independence by attending “Mindfully Map Out Your Future,” the keynote address at the Howard County Office on Aging and Independence’s 20th annual 50+EXPO on Friday, October 19 featuring Amy Goyer, AARP’s Family and Caregiving expert.

Goyer, the author of “Juggling Life, Work, and Caregiving” and a nationally known expert on aging and families, will discuss what steps are necessary to create a successful plan, including having important family discussions, forming your own team of advisors and potential caregivers should you need them, getting legal and financial affairs in order, finding and using community-based supports, and being practical about ways to care for yourself as you age. Get organized now so you can be prepared for the future!

“I have been a caregiver my entire adult life,” says Goyer, “Like so many other family caregivers, I’ve often placed my own care on the back burner because I’m focused on the immediate needs of those I was caring for. But I’m aging too, and I know I need to build support for and care for myself too. We all need to plan for our own future.” Recognizing that we all may be tomorrow’s recipients of care, it’s clear that having a plan in place to address future needs is crucial to staying independent for as long as possible. Here are some key practical matters Goyer will discuss:

Family Discussions – How to Approach these Conversations and How Often to Have Them

To have a successful conversation about planning for your future needs, you must first identify who needs to be included in the discussion, which depends on where you are along the aging journey. Goyer recommends having these discussions early and often.

Prepare Your Team – No One Can Deal with Everything Alone

The process of aging is often accompanied by increasing social isolation, so it’s especially important to build support for yourself early on. Asking yourself questions like do your children get along can help you determine who your go-to team members will be.

Make A Plan – Have a Plan and Revise It as Life Happens

While it’s important to make a plan to address your future needs, recognize that a sudden illness or injury can drastically change the level of care you may need. Revise your plan as needed.

Build Support Beyond Family and Friends – Identify Resources and Community-Based Services

Don’t wait until you are in a crisis to find support services in your area. Making decisions when you are in emotional turmoil (and likely sleep deprived) is never a good idea.

Caring For Yourself – It is Important to Know How

No one wants to be a burden on their family and friends. There are things you can and should do now to maximize your health and wellness and maintain your independence. People don’t realize how even a little bit of effort can make a big difference in the long run. Act now to prevent future problems.

Goyer’s keynote address will be full of practical tips to help you plan a healthier, happier future. Plus, all attendees will be entered into a drawing for a \$300 gift card (you must be present to win).

Don’t miss “Map Out Your Future” at the 50+EXPO on Friday, October 19 at 11:00 a.m. in the James Rouse Theatre at Wilde Lake High School in Columbia. The presentation is free; registration is requested at mapoutyourfuture.eventbrite.com.



50+EXPO keynote speaker, Amy Goyer, has been a caregiver most of her adult life, most recently for her dad, Robert, pictured with her above.

BE a FRIEND of the 50+EXPO!

Receive Your **FRIEND OF THE EXPO** Gift Package!

- One **ADMISSION** ticket to the 50+EXPO
- One **RESERVED** seat for Keynote Presentation (11 AM)
- One **RESERVED** seat for “The Capitol Steps” (2 PM)
- One **CHANCE** to win an Eyre bus trip for two to New York City
- A “Friends” **RECOGNITION** ribbon to wear to EXPO!

DEADLINE: Payment and form MUST be received by Friday, October 5, 2018

MAIL COMPLETED FORM WITH CASH/CHECK PAYMENT TO:

Howard County Office on Aging and Independence
Attention: Jeanne White-Davis
9830 Patuxent Woods Drive, Columbia, MD 21046

FRIEND of the 50+EXPO!



*** Make checks payable to:**

Director of Finance Howard County

I want to be a Friend of the 50+EXPO and have enclosed my cash/check* for _____ FRIENDS @ \$25/ea. = \$ _____

For your convenience, you can pay by credit card.

Call Jeanne White-Davis at 410-313-5824 (VOICE/RELAY).

TOTAL NUMBER of TICKETS: _____

☐ Check here if you do NOT want tickets for the Capitol Steps.

NAME _____

PHONE _____

STREET ADDRESS _____

CITY _____

STATE _____ ZIPCODE _____

EMAIL ADDRESS _____

DID YOU KNOW?

Two or more chronic conditions puts you at risk for malnutrition!



 Howard County Office on
Aging and Independence
Department of Community Resources and Services

STEPPING UP YOUR NUTRITION

DISCOVER AND LEARN

- **WHY** muscle matters
- **HOW** nutrition affects falls
- **HOW** to get enough protein and fluids
- **WHAT** you can do to eat better and improve your health

Tuesday, Sept. 25 • 10:00 am to 12:30 pm

The Village in Howard

6061 Stevens Forest Road, Columbia 21045

\$5/person includes workshop and educational materials

PRESENTED IN COLLABORATION
WITH AND HOSTED BY



TO REGISTER OR FOR MORE INFORMATION

JEN LEE
jlee@howardcountymd.gov
410-313-5940
(VOICE/RELAY)

Eat Well to Live Well



New this year at the 50+EXPO, the Howard County Office on Aging and Independence will collaborate with the University of Maryland Medical Center to provide nutrition education and conduct individual screenings to identify malnutrition.

This program will be lead by Kaitlin Schotz, a Registered Dietitian at the University of Maryland Medical Center (UMMC), who specializes in outpatient nutrition services with a focus on malnutrition, oncology and wellness. Schotz will be assisted by interns from UMMC's post-graduate dietetic training program.

Participants will be asked to complete a brief nutrition questionnaire, which the team will use to detect possible nutrient deficiencies.

The educational component includes:

- detecting and reversing nutrient deficiencies in older adults;
- nutrition for chronic conditions (heart health, diabetes, obesity);
- making smart food choices for healthy aging; and
- encouraging physical activity for older adults.

EAT WELL TO LIVE WELL will be offered adjacent to the Flu Shot area on Main Street at the 50+EXPO, October 19, 9 AM to 4 PM at Wilde Lake High School.

For more information about the importance of proper nutrition for older adults, visit www.ncoa.org/healthy-aging/chronic-disease/nutrition-chronic-conditions/

Help Us Celebrate Our 20th Anniversary!



- **11 AM – AARP's Caregiving Expert & Author:**
- **2 PM – The Capitol Steps**



DON'T MISS THESE
OTHER EVENT HIGHLIGHTS:

- 170+ Exhibitors
- Engaging Seminars
- Virtual Dementia Tours®
- Flu Shots and Health Screenings
- Resources for All Stages and Ages

\$1 ADMISSION benefits the Vivian Reid Community Fund

The 2018 Focus —

FUTURE PLANNING

FRIDAY, OCTOBER 19

9:00 AM - 4:00 PM

Wilde Lake High School

5460 Trumpeter Road
Columbia, MD 21044



Amy Goyer

 Howard County Office on
Aging and Independence
Department of Community Resources and Services



#HoCoEXP018

facebook.com/HoCoCommunity

410-313-6410 (VOICE/RELAY) • **www.howardcountymd.gov/aging**

Momentum for Healthy Aging

continued from page 13

LIFELONG LEARNING is another component of how the county's 50+ centers address the interests of its growing older adult population. The Bain 50+ Center offers a popular Foreign Film and Luncheon program each month; the Glenwood 50+ Center offers American and Civil War history programs and Ellicott City 50+ boasts an Opera House series entitled, "Opera Goes to Hell." Opportunities for creative expression abound at all 50+ centers, including creative journaling, Chinese brush painting, ceramics, painting groups and more. Visit North Laurel 50+ Center where you can view the mosaic wall murals, which were created by Howard County older adults in partnership with the American Visionary Arts Museum.

SPECIAL EVENTS, PERFORMANCES, FILMS, DANCES AND PRESENTATIONS are also offered each month at every center. The Bain 50+ Center was recently recognized in June with a 2017 Program of Excellence Award for its "Bain's Got Talent Program." Join them for a drop-in jam session, which is held every Tuesday afternoon.

BUILD YOUR OWN MOMENTUM at the Howard County 50+ Centers! Pursue your passion for the creative arts, music and culture; discover personal fitness options; and expand your social activities. The 50+ centers also offer benefits counseling, health screenings and more. Visit Maryland Access Point of Howard County at www.howardcountymd.gov/50pluscenters; call 410-313-1234 (voice/relay); or see list below to find a center near you.

Howard County 50+ Centers

BAIN 50+ CENTER

5470 Ruth Keeton Way, Columbia
410-313-7213 • bain50@howardcountymd.gov

EAST COLUMBIA 50+ CENTER

6600 Cradlerock Way, Columbia
410-313-7680 • eastcolumbia50@howardcountymd.gov

ELKRIDGE 50+ CENTER

6540 Washington Blvd., Elkridge
410-313-5192 • elkridge50@howardcountymd.gov

ELLICOTT CITY 50+ CENTER

9401 Frederick Road, Ellicott City
410-313-1400 • ellicottcity50@howardcountymd.gov

GLENWOOD 50+ CENTER

2400 Route 97, Cooksville
410-313-5440 • glenwood50@howardcountymd.gov

LONGWOOD 50+ CENTER (Nutrition Site)

6150 Foreland Garth, Columbia
410-313-7217

NORTH LAUREL 50+ CENTER

9411 Whiskey Bottom Road, Laurel
410-313-0380 • northlaurel50@howardcountymd.gov

www.howardcountymd.gov/50pluscenters

MEDICARE EDUCATION

FREE Information Presented by SHIP

Medicare 101 and 102

September 5 and 17 • 7:00 – 8:30 PM

A two-part introduction for those new to Medicare to learn about original Medicare (Parts A and B), Prescription Drug Coverage (Part D), Medicare Health Plans (Part C), and Medicare Supplemental Policies

Medicare Refresher

September 24 • 2:00 – 3:30 PM

For those already on Medicare, deepen your understanding of coverage options, information sources and how to avoid some common problems.

Using Medicare's Plan Finder

September 25 • 7:00 – 8:30 PM

Learn how to use the Plan Finder tool on Medicare.gov to compare and review Medicare prescription drug plans available to you.

PRESENTATIONS TO BE HOSTED AT THE

Howard County General Hospital Wellness Center

10710 Charter Drive, Suite #100, Columbia 21044

REGISTER ONLINE OR BY PHONE

hcgh.org • 410-740-7601

For additional assistance with your Medicare questions and concerns, contact the Howard County State Health Insurance Assistance Program (SHIP)

410-313-7392
(VOICE/RELAY)

FOR OTHER UPCOMING PRESENTATIONS, VISIT
www.howardcountymd.gov/SHIP

 Howard County Office on
Aging and Independence
Department of Community Resources and Services





Ready Rosie

ReadyRosie Builds School Readiness Skills

Are your grandchildren ready for a new school year? Howard County Government provides free access to ReadyRosie, an innovative educational service for parents, grandparents and caregivers which features instructional videos to build school readiness skills.

Delivered by email or text, ReadyRosie demonstrates how you can turn every day activities into teachable moments. Activities shown in the videos are simple, take only a few minutes to complete and are available in English and Spanish. To access ReadyRosie, all you need is a Howard County zip code. Visit www.ReadyRosie.com/register to enter some basic information, including name, language preference and delivery preference (text or email). Once your account is created, you will receive a welcome video in your selected language, have access to the entire video library and start getting the weekly playlists sent out by the ReadyRosie team.

For more information, visit www.howardcountymd.gov/children or email children@howardcountymd.gov. For more information about the resources and services available to families in Howard County contact the CARELINE at 410-313-CARE.

START LIVING WELL TODAY!

Living Well with HYPERTENSION

Good health is imperative to your quality of life. If you want to know more about managing hypertension/ high blood pressure, join us for this interactive 2.5 hour workshop.

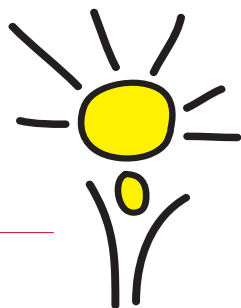
Howard County Library System Glenwood Branch

2350 Route 97, Cooksville 21723

Monday, September 17
1:00 - 3:30 PM

TOPICS INCLUDE:

- High Blood Pressure Risk Factors
- Nutrition and Food Label Guidance
- Sodium Content in Common Foods
- Medication Management



To register or for more information, contact:

JEN LEE

jlee@howardcountymd.gov

410-313-5940 (VOICE/RELAY)

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

www.howardcountymd.gov/livingwell



Low Vision Group hosts **Blind Industries and Services of Maryland (BISM)**

Tuesday, Sept. 11 • 10:30 to 11:45 a.m.

Bain 50+ Center in the Meeting Room

5470 Ruth Keeton Way, Columbia 21044

Guest presenters from BISM will provide a program on smart phones for people with low vision. Participants are asked to bring their devices fully charged.

Call Elaine Widom at 410-313-7353 (voice/relay) to register by September 6.

Positive Thinking... A Path to Happiness

Tuesday, Oct. 2 • 10:00 to 11:30 a.m.

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042

Join us for an interactive presentation that looks at techniques that work, ideas for changing our attitudes and actions, and understanding the benefits of positive thinking on overall health. FREE

Register at the Ellicott City 50+ Center front desk or contact Karen Hull at khull@howardcountymd.gov or 410-313-7466 (voice/relay).

Think Positive!

Mondays, Sept. 24 thru Nov. 12

10:00 to 11:30 a.m.

Elkridge 50+ Center

6540 Washington Boulevard, Elkridge 21075

This 8-week group will meet weekly to discuss ways to make positive thinking a daily practice and to support each other on the journey. Facilitated group.

For additional information, contact Karen Hull at khull@howardcountymd.gov or 410-313-7466 (voice/relay).

www.howardcountymd.gov/sentog



Remember the 70s?

The participants at the Connections Social Day Program at North Laurel sure do. And they made GROOVY t-shirts to celebrate the memories!

P4C Pet Evaluations

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044



If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

Ingrid Gleysteen

PROGRAM COORDINATOR

igleysteen@howardcountymd.gov

410-313-7461 (voice/relay)

Sept 6 • Oct 4 • Nov 1 • Dec 6
7:00 TO 9:00 PM



Providing socialization, companionship, support, education, and a sense of purpose in a safe and nurturing environment.

KINDRED SPIRITS AT GLENWOOD

2400 Route 97, Cooksville 21723

410-313-5441 • Judy Miller, DIRECTOR x5441

KINDRED SPIRITS AT NORTH LAUREL

9411 Whiskey Bottom Rd., Laurel 20723

410-313-7691 • Nancy Riley, DIRECTOR x7691



This specialized program for adults 18 and over and is designed to maintain independence, enhance memory and improve the overall health of participants.

CONNECTIONS AT ELLICOTT CITY

9401 Frederick Rd., Ellicott City 21042

410-313-1425 • Felicia Stein, DIRECTOR x1425

CONNECTIONS AT GLENWOOD

2400 Route 97, Cooksville 21723

410-313-5442 • Judy Miller, DIRECTOR x5441

CONNECTIONS AT NORTH LAUREL

9411 Whiskey Bottom Rd., Laurel 20723

410-313-7218 • Nancy Riley, DIRECTOR x7691

A daily fee covers all program costs, trips, snacks and lunch; a sliding fee scale is available to Howard County residents. Transportation is the responsibility of family/caregiver.



Find us on Facebook at www.facebook.com/HoCoCommunity

Stay connected to the Howard County Department of Community Resources and Services. Like us today!